

Ways to Help Me Feel Better about Myself

- Learn about my health condition - so I can feel more in control and prepared to deal with changes.
- Talk to people I trust and who can make me feel good about myself.
- Talk to my health care team about how other youth have learned to deal with their health conditions?
- Talk to my parents / family about how I am feeling.
- Join a club or group. Get their newsletter or go to meetings. Ask for phone numbers or email addresses - keep in touch.
- Talk to my friends. Let them know that sometimes I feel different even though most of the time I don't want to be treated as different.
- Make a list of all the positive things I can say about myself. Ask others to help.
- Get involved with activities I enjoy.

Lots to think about!

Ideas from:

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